



Your guide to our new Mackay ARC

State-of-the-art aquatic and athletics facility about to open for all members of the community to enjoy

THE buzz around the Mackay Aquatic and Recreation Complex (ARC) is building faster than Cathy Freeman could run the 400m dash.

Mayor Greg Williamson said this facility was unlike anything in the region and would be open to everyone.

"Yes, this facility will bring competitions we've never seen to Mackay, but I have got to stress – it is a public facility," Cr Williamson said.

"We want everyone out here. It's not just for elite athletes – it's for the whole community," he said.

Cr Williamson also reiterated that the Mackay ARC was a council facility, not a university facility, and was managed and run by Belgravia Leisure for community use.

The mayor said the \$24 million complex was one of the most accessible of its kind in Australia.

"The state-of-the-art change room includes a height-

adjustable adult change table, room coverage hoist, accessible toilet and shower and associated grab rails," he said.

"And all the pools have disability access, including a hoist lift into the 50m pool."

The aquatic facility is designed to be usable year-round and will cater for everything from learn-to-swim and aqua aerobics classes to competitions.

It is also lit to 100 lux to allow for after-hours use. Two pools, the 15m and 25m, are heated and have large hardcovers to provide shade and the 50m is temperature controlled to a competition-standard 27 degrees.

Cr Williamson said council would also look at covering options for the 50m pool in future budgets

Up-and-coming athletes have been among the first to show their appreciation for the competition-level standard of the ARC.

They tried out the facilities during a media tour.

State champion swimmer Bayley Sleeman, who tried out the 50m pool, said it would be fantastic to be able to train somewhere similar to where swimmers and athletes would compete.

"It makes a huge difference, because we don't usually get to use the competition blocks and get a chance to practise our dives and make sure our technique is correct," she said.

Local sprinter Skyla Bancroft said the athletics facility would hopefully attract more competitions to the region and would make training for competitions easier.

"Getting access to a synthetic track to train on before we go away will help a lot and will remove a lot of the nerves," she said.

"It'll also be amazing to get the chance to compete in front of a home crowd for a change."



Trying out shot put with Mayor Greg Williamson are (from left) Emma Truman, Blake Lewis, Kayla Truman, Liana Herrington and Brielle "Breezy" Herrington.

Mackay ARC at a glance

FACILITIES: Containing covered, heated and FINA-approved aquatics facilities and IAAF Class 2 athletics facility with synthetic running track and playing field, this complex has something for everyone, including:

- > 50m, 10-lane FINA pool with a 2m constant depth
- > Covered 25m, six-lane warm-up pool with 1.35m to 1.1m depth
- > Covered 15m, five-lane learn-to-swim pool with 1.1m to 0.9m depth
- > Synthetic running track
- > Multi-use playing field
- > Two jumping pits with

- two triple jump options
- > Water jump
- > Discus circle
- > Discus/hammer circle
- > Three shot put circles
- > Dual pole vault runway
- > Two javelin runways
- > Clubhouse, storage, café, canteen, administration and multipurpose spaces

ENERGY EFFICIENT: A 303 panel, 100kW solar system greatly offsets energy costs for the aquatics facility.

OPENING DATE: To be confirmed. Likely to be early March if the rain stays away.

OPENING HOURS:

- > Monday to Friday – 5.30am to 8pm
- > Saturday – 6am to 6pm
- > Sunday – 8am to 6pm

FEES: Access to either the athletics or the aquatics facilities will cost residents \$5 for a casual visit, or \$90 for a 20-visit pass (\$4.50 per visit).

- > Children (under 16) - \$3
- > Concession - \$4
- > Memberships, lane hires, facility hires, pool hires, lessons etc are all available.

A comprehensive list of fees can be found at mackayarc.com.au

>> The Mackay ARC was co-funded by council and the Federal Government with the 12-hectare site contributed by CQUniversity via a long-term lease agreement

Have your say and help us name facilities



First off the blocks: Mayor Greg Williamson gives the signal for Bayley Sleeman to be the first to dive into the Mackay ARC's 50m pool.

HERE'S your chance to have a say on names for the new aquatic and athletics facilities at the Mackay ARC.

Community consultation to help name each facility opens today.

Deputy Mayor Amanda Camm said the entire facility was named Mackay ARC (Aquatic and Recreation Complex).

She said two names were now being sought – one each for the aquatic and athletics facilities.

"Today we're launching a consultation process similar to that used for the naming of the Sugar Bowl Mackay.

"We're encouraging people to have their say by making name suggestions through our Connecting Mackay website.

"The only thing to keep in mind is the aquatic and athletics facilities can't be named after people.

"A Walk of Fame to be developed at the Mackay ARC will honour the outstanding achievements

of many of the Mackay region's elite sportspeople."

Community consultation for the naming of the aquatic and athletics facilities at Mackay ARC will remain open until March 20.

From those suggestions, a shortlist will be provided to council for decision.

"If one of your suggestions is chosen for the name of either of the facilities, you'll have bragging rights for the future knowing you helped name the facility," Cr Camm said.

>> Have your say on naming the facilities now at connectingmackay.com.au

Plan ahead for trip to the footy

TWO major footy games in two days are sure to draw bumper crowds to South Mackay's sporting precinct.

A game plan is being formulated to deal with traffic congestion.

The NQ Cowboys take on the Melbourne Storm in a NRL trial at BB Print Stadium Mackay on Saturday, March 2.

A day later, the Gold Coast Suns play another Melbourne team, the Western Bulldogs, in a JLT Community Series AFL game at the nearby Great Barrier Reef Arena, Harrup Park.

Both games are supported by council's Invest Mackay Events Attraction Program.

"The message is to plan ahead to ensure your trip to the footy and home is a smooth one," said Cr Ross Gee.

"Look at options, such as 'park and



ride' for the NRL game and what parking is available for the AFL game," he said.

The NRL trial game is being organised by the Mackay Cutters and they are organising a "park and ride" bus service for that Saturday rugby league event.

Fans will be able to park their cars at a range of venues and catch buses to and from the game.

For the AFL game on the Sunday,

parking will be available in the Harrup Park main carpark, Field 10 of the grounds via Bridge Road and at the nearby Junior Rugby League Grounds.

There will be no access via Lamb Street.

There will be one ticket box in the Harrup Park main carpark, near the tennis courts, for the AFL game.

"It is fantastic to have two national codes playing games in our city on

one weekend," Cr Gee said.

"The NRL game is the final trial for both clubs before the regular season starts a fortnight later," he said.

"There is plenty of interest in both games and there will be big crowds at both venues.

"Mackay people love their sport and I am sure there will be some who turn out for both. There are also likely to be some visiting Storm and Western Bulldogs fans from Melbourne."

>> For more information on both footy games, including traffic and parking, head to our website at mackay.qld.gov.au/footy

Women's Week Events

> **Sarina Women's Week Dinner and Awards:** Guest speakers, a delicious two-course dinner, live music from Three Way Crossing, a steam-punk-themed fashion parade and lucky door prizes. **From 6pm, Friday, March 8, at the Bob Wood Cultural Hall in Sarina.**

> **Zonta Mackay International Women's Day Fundraiser:** This "More Powerful Together" luncheon features guest speaker Dr Helena Popovic MBBS. Helena is a doctor, a leading authority on brain function, a best-selling author and an international speaker with a mission to educate rather than medicate. **From 10am, Sunday, March 10, in the MECC Plenary Halls. Book at themecc.com.au**

> **RIN International Women's Day Business Lunch:** Head to resourceindustry.network.org.au for tickets. **From noon, Friday, March 8, in the MECC North Foyer.**

> **All About Women Satellite 2019:** The MECC will be streaming the "#MeToo, Year Two" panel, live from the Sydney Opera House. Entry fee - gold coin donation. **From noon, Sunday, March 10, in the MECC Meeting Rooms.**



More info at mackay.qld.gov.au/womensweek



Winners of the 2018 Sarina Women's Week Awards.

Sarina celebrates women

SARINA Neighbourhood Centre is inviting residents out for a fun-filled night dedicated to celebrating women.

The Sarina Women's Week Dinner and Awards Night will be held on Friday, March 8, at Bob Wood Cultural Hall.

Celebrating Queensland Women's Week (March 2 to 10), this event will feature the presentation of the Sarina Women's Week Awards and Mary Malone Perpetual Award.

Cr Fran Mann said there would be guest speakers, a delicious two-course dinner, live music from Three Way Crossing, a steam-punk-themed fashion parade and lucky door prizes.

Tickets are \$40 each or you can book a table of eight for \$300. Bookings can be made through the Sarina Neighbourhood Centre (4961 9283). Doors open at 6pm for a 6.30pm start.

Cr Mann said nominations for the Sarina Women's

Week Awards would close this Friday, February 22. To nominate a woman who makes a difference in our community, email their name, contact details and a brief paragraph about them to our Sarina Neighbourhood Centre team at margaret.mcdowall@mackay.qld.gov.au

This event is an initiative of council and is proudly supported by Sarina Community Bank Branch, Aurizon, BMA, and the Queensland Government.

New exhibition

A NEW exhibition at Artspace Mackay, Obsessed: Compelled to make, will feature the stories of 14 Australian artists. These stories are at the same time unique and yet contain the frustrations and high points of a life of creative work that all of us can relate to. It offers an interesting insight for professional artists, designers, craftspersons or hobbyists. This Australian Design Centre Touring Exhibition opens in the FIELD Engineers Gallery this Friday 22 and runs to May 19.

Kids Art Club

BOOKINGS are open for term one of Kids Art Club, Artspace Mackay's ongoing term-based Saturday art program. Artspace is thrilled to announce that popular local artist Rosemary Payne will once again be our tutor for term one of Kids Art Club. She is one of Mackay's most popular artists. She loves teaching and has a wealth of art experience, from painting, print making, textiles and other crafts. Classes kick off Saturdays from this Saturday for six weeks. Call Artspace on 4961 9722 for more details and to book.

Stop dengue

RESIDENTS are being encouraged to clean up around their homes to help prevent the spread of dengue. Cr Karen May said dengue mosquitoes bred in stagnant water around houses. "Dengue mosquitoes (Aedes aegypti) only breed around homes and in urban areas, not in swamps or creeks," she said. "To help prevent a dengue outbreak, it is important to tip out any water in pot plant bases and containers." For further dengue prevention tips, visit council's website mackay.qld.gov.au/dengue

New times

GREENMOUNT Homestead is now open from 10am to 2pm Monday to Wednesday. It will also open from 10am to 2pm on the last Sunday of each month. This will replace the previous opening times of 9.30am to 12.30pm and is expected to increase visitation to this tremendous historical asset. Group tours of the iconic homestead, containing 20,000 historical items, can also be booked online through the council website.